

# ARE YOU AT A *healthy* WEIGHT?

## Body Mass Index

Here is a chart for men and women that gives the BMI for various heights and weights.\*

		BODY MASS INDEX										
		21	22	23	24	25	26	27	28	29	30	31
HEIGHT	4'10"	100	105	110	115	119	124	129	134	138	143	148
	5'0"	107	112	118	123	128	133	138	143	148	153	158
	5'1"	111	116	122	127	132	137	143	148	153	158	164
	5'3"	118	124	130	135	141	146	152	158	163	169	175
	5'5"	126	132	138	144	150	156	162	168	174	180	186
	5'7"	134	140	146	153	159	166	172	178	185	191	198
	5'9"	142	149	155	162	169	176	182	189	196	203	209
	6'0"	150	157	165	172	179	186	193	200	208	215	222
	6'1"	159	166	174	182	189	197	204	212	219	227	235
	6'3"	168	176	184	192	200	208	216	224	232	240	248

\* Weight is measured with underwear but no shoes.

## What Does Your BMI Mean?

### Categories:

**Normal weight: BMI = 18.5–24.9.** Good for you! Try not to gain weight.

**Overweight: BMI = 25–29.9.** Do not gain any weight, especially if your waist measurement is high. You need to lose weight if you have two or more risk factors for heart disease and are overweight, or have a high waist measurement.

**Obese: BMI = 30 or greater.** You need to lose weight. Lose weight slowly—about 1/2 to 2 pounds a week. See your doctor or a nutritionist if you need help.

Source: *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, The Evidence Report, National Heart, Lung, and Blood Institute, in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, NIH Publication 98-4083, June 1998.*